



# Memory Care Moving Checklist

Below are some helpful tips and best practices to follow when moving a loved one with dementia or Alzheimer's in order to make the transition as smooth as possible.

## Research Their New Home

Find a place that specializes in memory care to ensure your loved one is surrounded by professionals. Specialists can help them adapt and feel comfortable in their new home.

## Organize A Timeline

Those with Alzheimer's or dementia tend to prefer a routine. Align moving plans with your loved one's daily routine to lay out the day. Organizing plans ahead of time can help you avoid chaos that could bring about feelings of stress and anxiety.

## Replicate Home

When settling into a new space, replicate the surroundings your loved one recognizes. The same furniture can provide comfort and familiarity. Display photographs and other items that can remind them of family and friends.

## Label Items

If your loved one struggles with Alzheimer's or dementia, it may be beneficial to place labels around their space. These can serve as reminders of where certain items are stored or routines they need to follow.



### **Door Decorations**

Decorate the outside of their door to personalize their home. Decorations are not only fun and welcoming but can also help your loved one recognize which door is theirs.

### **Trust The Staff**

Remember the staff is there to help both your loved one and you during this transition. Regarding your loved one, inform employees of any hobbies, food, music or other interests as well as medical history and provide a detailed medication list.

### **Visit Ahead Of Time**

Try visiting the new community a few times with your loved one before moving. Helping them get familiar with the community can lead to a smoother transition. Consider attending events, going for lunch or arranging a tour together.

### **Incorporate Interests**

Sharing your loved one's likes, dislikes and hobbies with the staff can help the team create a better environment for their new resident. If there is an activity they enjoy, provide the necessary supplies to help them express themselves and find comfort in their new surroundings.

### **Understand Emotions**

During this change in their life, be understanding. Your loved one may miss their old home and community. Being there to listen and provide reassurance is invaluable as they get comfortable in their new home.

### **Get Support From Friends And Family**

Coordinate with family and friends to set up a visitation schedule with your loved one as they settle in. Also, take care of yourself — moving a loved one from their home can impact you as well. Make sure to lean on your community (friends, family, etc.) for support if needed during this time.